

**E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE**



**CELL : WOMEN'S CELL**

**ACTIVITY : AWARENESS PROGRAMME**

**YEAR : 2022-2023**

**WOMEN'S CELL**

DATE	TIME	VENUE	MODE
21.03.2023	02:00 p.m. to 04:00 p.m.	E.S.R. Alamelu Ammal Hall EMG Yadava Women's College	Offline
Theme	Health Education		
Nature of the Activity	Awareness Programme		
Title	Young Women's Health Education		
Organisers	<b>Women Cell Coordinators:</b> Mrs. C. Kanthimathi Nachiyar Mrs.D.Sharmila Assistant Professors of English		
No. of Participants	<b>Students: III Year UG Students</b>		

**AWARENESS PROGRAMME ON "YOUNG WOMEN'S HEALTH EDUCATION"**

**Objectives:**

1. To explore and understand the various dimensions of women's health issues from multiple perspectives.
2. To highlight the importance of a well-rounded healthcare approach, emphasizing that the ultimate goal of any health process is to lead a healthy and fulfilling life.
3. To provide practical strategies for promoting young women's health, focusing on the most common health concerns affecting women and ways to manage associated risks.

**Programme Outcome:**

1. Students gained a deeper understanding of how to manage diet, anxiety, and depressive disorders, and learned how these mental health challenges can affect our physical well-being as young women.
2. Became more aware of menstrual health issues and understood their potential long-term effects on women's overall health.
3. Participants learned about common health problems, their symptoms, and preventive measures, which helped to recognize the importance of early intervention and taking proactive steps for better health management.

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**Photographs:**



**Awareness Programme on "Young Women's Health Education" - 21.03.2023**


# E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE

Enclosures:

a. Invitation:



**E.M.G YADAVA WOMEN'S COLLEGE, MADURAI - 625014**  
(An Autonomous Institution – Affiliated to Madurai Kamaraj University)



**“A Woman’s health is her Capital”**  
Awareness program on “Young Women Health Education”

**Resource person : Dr. Aruna Chelliah, MD (AB Endo)**  
Consultant Endocrinologist, Clinical Medical Director,  
Alpha Hospital and Research center, Institute of  
Diabetics and Endocrinologist.

**Date : 21.03.2023**  
**Time : 02.00-04.00 pm**  
**Venue : E.S.R .Alamelu Ammal Memorial Hall**

**ORGANIZED BY**  
Women's Cell

*All are cordially*

**ORGANIZING COMMITTEE**

**Patron**

**Tmt. E.M.G.S. Indirani**  
Secretary & Correspondent

**Thiru. E.M.G.S. Arun Pothiraj**  
President

**Thiru. E.M.G.S. Pothi Gopalakrishnan**  
Member

**Thiru. E.M.G.S. Pothiraja**  
Member

**Dr. (Mrs.) V. Pushpalatha**  
Principal (i/c)

**Mrs. S. Sivakamasundari**  
Vice Principal, Assistant Professor,  
Head, Department of English

**Mrs. R. Dhivya**  
Department of Information  
Technology Director (Self  
Finance)  
& Youth Affairs

**Dr. V. M. Sundararajan**  
Administrative Officer

**Mrs. C. Kamala**  
Controller of Examinations  
Associate Professor  
Head, Department of Chemistry

**Dr. (Mrs.) G. Indira Rani**  
Associate Professor,  
Head, Department of Zoology

**Convenor**  
**Women's Cell**

# E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE

b. Circular:

**E.M.G. Yadava Women's College, Madurai – 14**  
(An Autonomous Institution – Affiliated to Madurai Kamaraj University)  
Re-accredited (3<sup>rd</sup> cycle) with Grade A' & CGPA 3.51 by NAAC

## WOMENS CELL CIRCULAR

We are glad to inform you that the Women's cell in our college Has plan to conduct a meeting on 21.03.2023 at 2:00PM in E.S.R Allamelu ammal memorial hall regarding Young Women's Health Education. An Awareness program is going to be conducted by Dr. Aruna chelliah, MD(AB Endo) Consultant .  
All the final year students are the participants.

  
Principal

SI NO	DEPARTMENT	HOD SIGNATURE
1	HISTORY	T. Arun
2	English	P. Arun
3	BBA	T. Sathya
4	NED	P. Arun
5	Zoology	G. Indira Kumar
6	physics	T. Arun
7	chemistry	S. Arun
8	Computer Science	N. Arun
9	BCA & MCA	S. Arun
10	IT	T. Arun
11	TAMIL	B. Panimalar
12	COMMERCE	K. Padmaraj
13	Maths	P. Arun